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SORRY

WE'RE SORRY FOR BEING SO SORRY

With Canada Day approaching, Metro examines why Canadians are so wonderfully apologetic. Read more in metroNEWS.

Mayor eyes living wage for city workers

EMPLOYMENT

Covering basic expenses takes $20.68 per hour

Emily Jackson
Metro | Vancouver

Mayor Gregor Robertson wants the city to become a living-wage employer to ensure city employees are paid enough to cover rent, transportation and food in a city with stagnant incomes and rising costs.

Robertson will present a motion to council next week asking staff to take steps to get certified as a living wage employer by a local organization, according to a news release sent Monday.

The move is in response to a 2014 election campaign challenge from the Metro Vancouver Alliance and will take several years to implement, first with direct employees then with contract employees.

A living wage — how much money two earners in a four-person family would need to make to cover basic expenses — is $20.68 per hour in Metro Vancouver.

Yet "very few" of the city's unionized employees earn less than that in the first place, Coun. Geoff Meggs confirmed Monday.

But Meggs insisted the motion is not merely window dressing, because it could eventually apply to contractors such as building cleaners, food service workers, security staff and groundskeepers, some who make less than $20.68 per hour.

"It's a really important leadership statement … it's acknowledging one way to deal with affordability issues," he said.

"This is not gong to change the world, but it's a very important statement that the city is making and backing up with action."

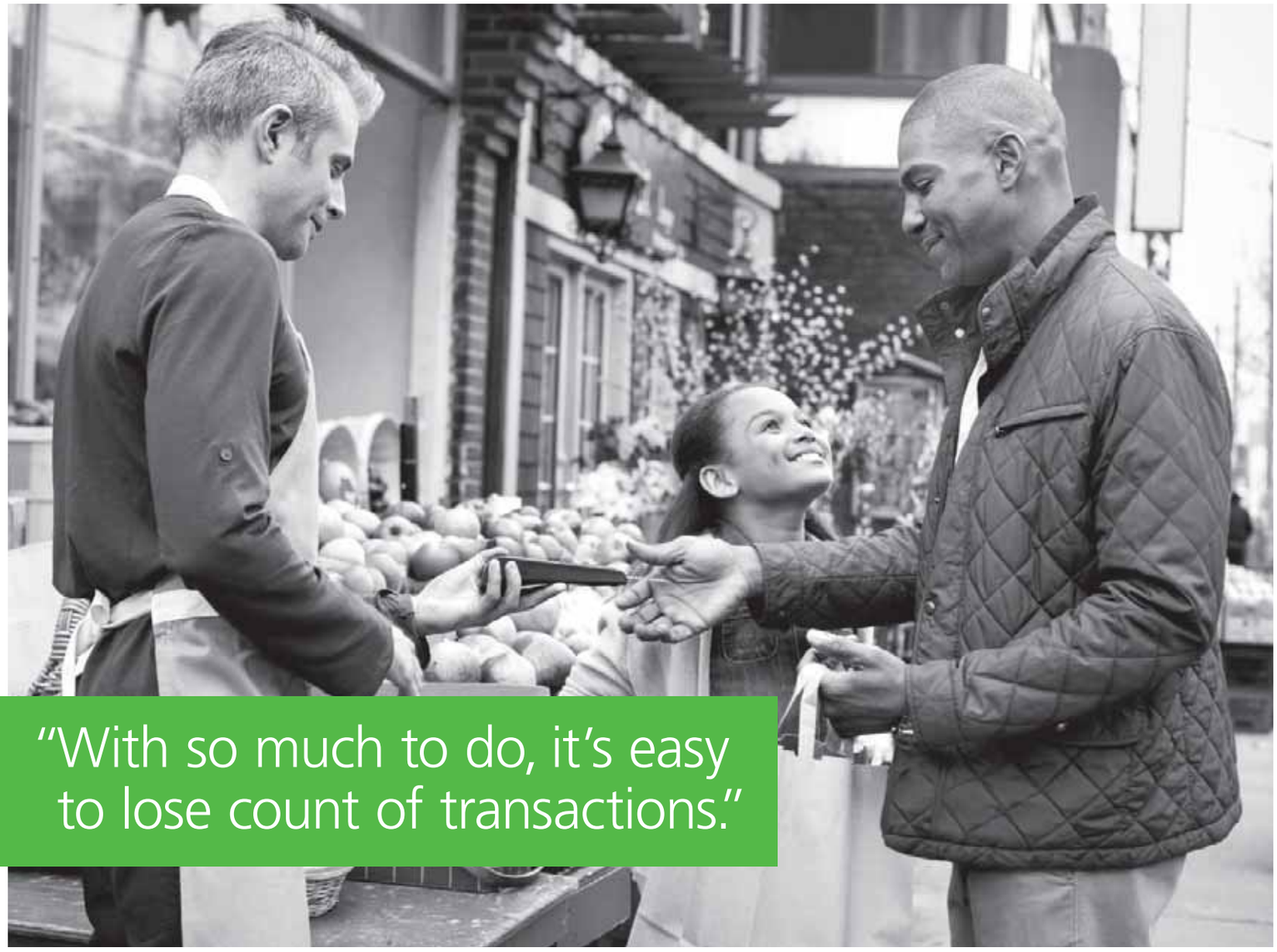
The City of New Westminster, Vancouver City Savings Credit Union and the United Way are already certified living wage employers under the Living Wage for Families Campaign.

CHILDREN IN POVERTY

Twenty per cent of Metro Vancouver children live in poverty, according to B.C.'s 2014 Child Poverty Report Card.

The campaign is trying to tackle poverty for low-wage earners, many who have multiple jobs and must make grim choices between paying for food or rent and struggle with child care.

"A lot of families working at two or three jobs with two income earners are still unable to deliver a decent life to their kids," Meggs said. "This is one way to confront the problem."



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metro NEWS
Your essential daily news
Metro will not be publishing on Canada Day

Trudeau says Liberals would phase out fossil-fuel subsidies

ENVIRONMENT

Leader promises clean-energy investments

Liberal Leader Justin Trudeau arrives to announce his environmental platform at Jericho Beach Park in Vancouver on Monday.
DARRYL DYCK/THE CANADIAN PRESS

Liberal Leader Justin Trudeau has unveiled his party's environmental platform, saying it would be vital to a strong Canadian economy, though some groups said his policies don't go far enough.

Trudeau said phasing out fossil-fuel subsidies and making investments in clean technologies would be among the Liberals' top strategies if he unseats Prime Minister Stephen Harper in October.

"The only way to build a strong economy is to protect the environment," he said Monday. "The old saw of picking one or the other, which Mr. Harper seems to believe, no longer works," he told reporters while standing before a backdrop of the ocean and massive ships at Jericho Beach.

He said formalizing a moratorium on tanker traffic in northern British Columbia would protect marine coastal areas and provide benefits for international trade.

Trudeau said he would, within 90 days of taking office, work with the provinces to map out a plan to reduce Canada's collective carbon footprint.

He said he would also invite premiers across the country to join him at the United Nations Climate Change Conference in Paris at the end of this year and put "teeth" back into the federal environmental review process.

He said increasing consultation on projects such as the proposed Northern Gateway pipeline, which would increase tanker traffic in Vancouver's harbour, would be part of the revamped measures.

Groups including ForestEthics Advocacy called some of Trudeau's proposals a "good first step" but argued the environmental review process needs to be beefed up even further.

The group lauded a tanker ban as the "final nail in the coffin" for Enbridge's Northern Gateway pipeline, which would see Alberta crude flow westward to Kitimat.

"The Liberal Party platform should be clear on whether their review of upstream greenhouse emissions would include the proposed Kinder Morgan and Energy East pipelines," said Karen Mahon, director for ForestEthics.

Greenpeace Canada called the announcement a disappointment that was "too weak, vague."

But the group joined the Pembina Institute in welcoming commitments to including upstream carbon emissions in amendments to the environmental review process. It also echoed ForestEthics' approval for formalizing the moratorium on crude-oil tanker traffic on B.C.'s north coast.

Trudeau said his government would reopen the Kitsilano Coast Guard station next to English Bay, a promise that NDP Leader Tom Mulcair also made in April after a vessel dumped 2,700 litres of bunker fuel into the bay.

The Conservative Party criticized Trudeau's platform, saying he "does not understand" the implications of his policies.

Natural Resources Minister Greg Rickford and Environment Minister Leona Aglukkaq said the carbon pricing scheme will "increase the costs of everything, including gas, groceries, electricity."

The New Democrats said the announcement contained "few details" but borrowed plenty of policies from its own platform.

Trudeau also said the Liberals would increase the amount of protected marine and coastal areas to five per cent by 2017 and 10 per cent by 2020.

He also promised that his government would cancel admission fees at national parks in 2017 to commemorate Canada's 150th anniversary.

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Metro Vancouverites face deadline to separate waste

TRASH

As of July 1, a fee can be charged by inspectors

The grace period is ending for Metro Vancouverites who haven't gotten around to separating their food waste from their trash.

As of July 1, Metro Vancouver will start enforcing the rule that came into effect on Jan. 1 banning organics — anything from plants, eggshells, chicken bones or paper bags — from the garbage.

> **It's the kind of thing that will become commonplace and second nature in time. Concerns about space and odor can definitely be overcome.**
> Andrew Marr, director of solid waste planning

While many single-family homes have been using the new system for over a year, the deadline has many multi-family apartment buildings and condos scrambling to deal with their food waste.

Andrew Marr, Metro Vancouver's director of solid waste planning, had words of encouragement on Monday for those switching to the system at the last minute.

"It's a big step. We realize it's new to a lot of people, especially in multi-family residence," Marr said. "It's the kind of thing that will become commonplace and second nature in time. Concerns about space and odour can definitely be overcome."

Starting Wednesday, Metro Vancouver inspectors will visually inspect loads of garbage received at the disposal site and assess a 50 per cent surcharge on haulers with more than 25 per cent organics.

It's not a scientific practice, as it's not safe or practical to slice garbage bags open and physically weigh trash, but inspectors take photos and have a dispute resolution process should a company argue there's only, say, 24 per cent organic waste.

Guilty haulers can then go back to individual condos or apartments and pass the fee to the property managers or strata, Marr said. Some might work on educating the buildings instead of fining them.

But don't expect the authorities to knock on your door demanding cash if you throw your banana peel in the wrong bin. Unless a hauling company picked up from a grocery store or restaurant that obviously originated the waste, it's fairly impossible to track organics.

Compliance with the new rules, however, appears to be on track based on statistics Marr provided. In the first six months of the program, 99 per cent of loads were in compliance with the rules based on preliminary inspections. That's up from about 96 per cent three years ago, Marr said.

It's too early to say how many residents are complying with the organics rules, Marr said, but Metro Vancouver is conducting a survey on the matter that it expects to release next month. EMILY JACKSON/METRO

A separate organics bin sits next to garbage cans in an apartment building that has switched to Metro Vancouver's new system. EMILY JACKSON/METRO

STAFF

City councillor questions growing department

Emily Jackson
Metro | Vancouver

A Vancouver councillor is questioning why the city's corporate communications team continues to expand a year after the city defended the department's growth.

The number of staff in the corporate communications department has increased to 26 full-time employees from 22 in spring 2014, according to city manager Penny Ballem. (An online list states there are 27, but Ballem said one has left the city and the list has yet to be updated.)

That's up from nine employees in 2009, although the majority of growth can be attributed to a reorganization.

"It seems like way too many staff for a department for a city of our size," Non-Partisan Association Coun. George Affleck said Monday, adding that Surrey is a similar size but only has a couple communications staffers.

Vancouver City Hall
EMILY JACKSON/METRO

Affleck questioned why more hires were needed when the mayor changed the media policy in December 2014 to allow reporters to access senior staff directly.

"It's overkill," he said. "In general, I think we are overspending as a city."

But Ballem said Monday the growth amounts to one more graphic designer and three people from other departments working on special projects (one on recycling, one on the Vancouver Services Review and one on internal communications).

"I don't think there's any explosion in our communications department," Ballem said, pointing to demands such as graphics for the transit referendum and the goal not to outsource as much.

"At the end of the day, our corporation communications staff are real professionals," she said. "There's no spin. This is public service. They're not partisan."

RCMP

Judges overturn liability ruling

The B.C. government has won its appeal of a liability ruling against the RCMP involved in trying to chase a mentally unstable and suicidal man who drove into traffic at high speed, killing himself and another driver.

B.C. Supreme Court Justice John Savage had previously found the RCMP officers involved in the police pursuit of Gerald Guliker were 20 per cent to for blame for the fatal crash, which killed Guliker, the driver of the other vehicle, Viktor Bergen, and injured three occupants of the Bergen vehicle.

The Chilliwack RCMP had received 911 calls reporting that Guliker was mentally unstable and serious about killing himself by jumping into traffic or driving his vehicle into traffic.

Guliker was separated from his wife and had breached a court order that day, Aug. 10, 2008, not to contact his ex-wife.

He had previously served three weeks in jail for uttering threats against his wife, when a no-contact order was imposed.

Armed with an arrest warrant, two Mounties in separate police cruisers began searching for Guliker, following up reports of Guliker's location at a local farm, but Guliker spotted the police approaching and took off in his vehicle.

Police pursued him, reaching speeds of up to 113 km/h before Guliker crashed head-on with an oncoming vehicle. The police chase lasted about 90 seconds.

Inna Bergen, the widow of the other driver killed, sued the B.C. Ministry of Justice, which is responsible for RCMP contract policing in the province.

The trial judge found that the ministry was 20 per cent liable for the fatal collision because the RCMP breached the standard of care by failing to conduct proper risk assessments and by not having a plan in place that recognized the likelihood of Guliker fleeing in his vehicle before starting their pursuit.

Three judges of the B.C. Court of Appeal ruled that the trial judge erred by imposing a new duty of care on police in advance of a pursuit without having conducted a full inquiry. The Appeal Court panel set aside the previous civil trial verdict and ordered a new trial. NEAL HALL/METRO

Your guide to Canada Day festivities across Vancouver

EVENTS

Plenty of reasons to get out and party

Thandi Fletcher
Metro | Vancouver

It's not ideal that Canada Day falls in the middle of the week this year, but that doesn't mean there still isn't reason to celebrate our country's 148th birthday.

Here's a guide to must-see celebrations taking place in Metro Vancouver on Wednesday that are sure to inspire anyone feeling the hump-day blues to get decked out in red and white.

1. Parade and fireworks at Canada Place
Help Canada celebrate itself with food carts, street hockey, live music, parades and fireworks at Canada Place. Billed as the nation's largest birthday celebration outside of Ottawa, last year's Canada Day drew more than 400,000 people for the fireworks show. Activities start at 10 a.m., with the parade kicking off 7 p.m. at Georgia and Broughton. Fireworks start at 10:30 p.m.

2. Red-and-white invade Granville Island
Visit Granville Island for a full day of mostly free events, including a parade, live music, food, artwork and face painting. The parade begins at 1:30 p.m., starting at Ocean Construction and ending with an official ceremony at Ron Basford Park at 2 p.m. Live music from the Jazz Festival begins at noon.

3. Sway in Surrey
Canadian country-rock legends Blue Rodeo headline a day of live music at the Bill Reid Millennium Amphitheatre. Surrey's celebration opens at 10 a.m. with family-friendly midway games and rides, exhibitors and fireworks at 10:15 p.m.

4. Face painting, parade and music in Burnaby
Family-friendly activities abound from 11 a.m. to 2:30 p.m. at Edmonds Park in Burnaby, with face painting, live music, arts and crafts, bingo, cake and a performance by Canadian children's performer Charlotte Diamond. Move the party to the Burnaby Village Museum, which is offering a parade, entertainment, heritage games and cake from 11 a.m. until 4:30 p.m., with free admission. Finish off the day with concerts by 54-40, Jon and Roy and Mostly Marley at Swangard Stadium, starting at 6:30 p.m. Admission is free to the first 4,200 patrons, and doors open at 5 p.m.

5. Living flag and fireworks in Coquitlam
Don a red or white shirt and be a part of a living flag to celebrate the Canadian banner's 50th birthday at 1:45 p.m. at Town Centre Park. A full day of festivities, including entertainment, food, artisans and a fireworks display, runs from noon to 10:30 p.m. Admission is free.

6. Floats, food and fun on the North Shore
Starting at 10 a.m., the Canada Day festivities kick off with a parade that winds from 13th and Grand Boulevard to Lonsdale Avenue and ends at Mahon Park. The celebrations continue at Waterfront Park with food, crafts and entertainment for all ages from noon to 4 p.m.

7. Salmon and Ships in Steveston
Steveston celebrates Canada starting with a pancake breakfast from 6:30 a.m. until 11 a.m., a parade at 10 a.m. and a salmon festival from noon. Ships to Shore also takes place Wednesday, with more than 20 working and historic ships on display and available for tours from 12:30 p.m. to 6:30 p.m.

8. Crafts and cupcakes at the Vancouver Maritime Museum
Inuit storyteller and children's author Michael Kusugak shares stories about the Canadian Arctic at the Maritime Museum at 11 a.m. and 1 p.m. Crafts and cupcakes will also be highlights at this free family-friendly event.

A young boy holds a Canadian flag on July 1, 2014 as he participates in the annual Canada Day parade in Montreal. GRAHAM HUGHES/THE CANADIAN PRESS

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Police ask public's help over shooting

SURREY

Two intended targets seen eating nearby

Matt Kieltyka
Metro | Vancouver

Surrey RCMP have released photos of the two men they believe were the intended targets of a brazen shooting outside Earls restaurant on June 8.

Since the shooting, in which no injuries were reported, police say neither victim has been positively identified or has come forward despite pleas from investigators.

Police think they know the identity of one of the victims, but say he has denied any involvement that day.

"Without the co-operation of these two victims it makes our job that much harder identifying the suspects," said spokesman Sgt. Dale Carr in a media release. "We are doing everything we can to solve these shootings but we need the help of the victims and any witnesses to further the investigations."

The shooting was reported just after 9 p.m. on June 8 in the 7200 block of 120th Street.

Witnesses said a silver SUV was seen fleeing the area immediately after the shooting.

The two intended targets were eating at the nearby Earls restaurant at the time.

Neither they nor any other customers and staff at the restaurant were hurt during the high-profile incident, but damage to the property was reported.

Earls offered its customers counseling services as a result of the shooting.

Surveillance photos released Monday show two men, one in a dark T-Shirt and the other wearing a white baseball cap and a dark tank top, entering the restaurant.

Surrey RCMP are asking the public for help identifying these two men, the suspected targets of a shooting in the 7200 block of 120th Street on June 8. CONTRIBUTED

ELECTRICITY

Hot weather heavy load on power grid

All those fans and air conditioners are taking its toll on the energy grid.

BC Hydro announced Monday that peak electricity demand was up 15 per cent (or 861 megawatts) on Saturday, over the previous week, because of the sustained heat wave affecting much of the province.

The increase in demand is the equivalent of running an additional generating unit at the Mica dam, one of the largest generating stations in B.C., the utilities corporation says.

Higher than normal electricity demand is expected to carry through the week as temperatures are forecast to continue climbing.

Despite the uptick in energy use, BC Hydro says that it still sees the highest demand for electricity during the winter.

Other jurisdictions, such as Ontario and California, see energy use highest during the summer due to their widespread use of air conditioning, BC Hydro says.

MATT KIELTYKA/METRO

BACKGROUND

BC Hydro has released several tips for staying cool this summer while saving electricity.

- Keeping blinds down and providing shade from light coming in through the windows can block up to 65 per cent of the heat.
- Limit the use of clothes dryers (hanging clothes to dry is recommended) and indoor cooking (in favour of barbecues) to keep unnecessary heat out of people's homes.
- Ceiling fans, rotating counter-clockwise, are the most energy efficient cooling option. METRO

861 MW

BC Hydro's peak electrical load last week, up 15 per cent over the previous week.

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BUSINESS

Proposed mine lands construction permit

British Columbia has approved a construction permit for a proposed $50-million silver, lead and zinc mine just south of the Yukon border after the project's economic and environmental plans helped win support from an area First Nation.

Mines Minister Bill Bennett said Monday that the underground Silvertip mine could create up to 200 jobs and be in operation for more than 20 years. Vancouver-based JDS Silver Inc. said once it receives the necessary permits, it plans to operate about 150 days a year and shut down in the winter months.

The mine, located about 90 km southwest of Watson Lake, Yukon, has been of interest to several mining proposals since the 1950s due to the high-grade lead-silver-zinc deposit.

Bennett said the company can immediately start building and that the operation will produce a smaller environmental footprint than other larger mines in B.C.'s northwest.

He said it will be an underground operation and therefor much of its ore tailings will be stored below ground.

But approval permits are still required for the mine's underground shaft and its above-ground operations that will include a mill to turn the ore to concentrate, Bennett said.

Bennett said he expects the Silvertip mine to be in operation within the next 15 months.

JDS Silver's chief operating officer, Kevin Weston, said the mine will be one of the most environmentally responsible operations in the province.

Weston said JDS Silver has worked out a social economic partnership with the area's Kaska First Nation.

THE CANADIAN PRESS

"The company intends to leave the land with minimal impact."
JDS Silver's COO
Kevin Weston

Fireworks light up the skies above English Bay during the annual Celebration of Light last year. City officials fear at-home fireworks could lead to fires amid dry weather conditions. JENNIFER GAUTHIER/METRO FILE

IN MEMORIAM

'He was a very proud, enthusiastic firefighter'

A 32-year-old Calgary firefighter who lost his life while canoeing in eastern British Columbia is being remembered as a proud and enthusiastic member of his department.

Ryan Bjolverud drowned on Sunday when his canoe capsized on Columbia Lake and he tried to swim to shore.

RCMP have confirmed Bjolverud was not wearing a lifejacket and alcohol was a factor.

Calgary Fire Chief Steve Dongworth says the firefighter's father is an assistant deputy chief with the Calgary Fire Department so it's a tough time for members.

Bjolverud was in his third year with the department and was working in different stations.

Funeral arrangements were being made.

"He was a very proud, enthusiastic firefighter is all I can say today," Dongworth said Monday.

"We have an exceptional group of people and Ryan was one of those exceptional people."

THE CANADIAN PRESS

IN BRIEF

Bylaw officer struck with skateboard

A bylaw enforcement officer is recovering after being attacked with a skateboard behind a sports arena in Kamloops.

RCMP Cpl. Cheryl Bush says the female officer approached a man who was spray-painting on the back of Memorial Arena at about 8:30 p.m. on Sunday.

Bush says the man escaped after bashing the officer with the skateboard and knocking her to the ground.

The woman was treated in hospital and released.

Bush says anyone with information should call police.

THE CANADIAN PRESS

Wildfire crews watching approaching storms

Wildfire crews across B.C. are bracing for a wave of incoming thunderstorms and lightning.

Marg Drysdale of the Coastal Fire Centre says teams are monitoring the approaching weather system.

Extra crews and helicopters have been stationed in strategic locations across B.C. in case of new flare-ups.

THE CANADIAN PRESS

Beware of home fireworks displays

CANADA DAY

Dry conditions stoke fears of fire in city

Thandi Fletcher
Metro | Vancouver

As hot, dry weather ramps up the risk of fires in Vancouver, firefighters are warning Canada Day revellers against the dangers of DIY fireworks displays.

With warm weather and little rain bringing bone-dry conditions to Metro Vancouver, Jonathan Gormick, public-relations officer with Vancouver Fire and Rescue Services, said officials are concerned about the risk of brush fire from fireworks or anything that could ignite a spark.

"Anytime we get this dry weather or dry stretch, the number of brush fires goes up because I don't think people realize how easy it is to start a brush fire," he told Metro. "Never mind fireworks, but anything hot like a cigarette butt or a compressor or generator is a huge hazard in these dry conditions."

In Vancouver, the sale of fireworks is prohibited outside of Oct. 25 to Oct. 31. A family fireworks permit is also required to set off fireworks outside of those dates.

Not obeying the rules could lead to a $500 fine per violation, according to the City of Vancouver.

With the limited accessibility to fireworks in Vancouver at the moment, Gormick said firefighters aren't expecting to see a surge of complaints about at-home fireworks displays for Canada Day.

Still, Gormick encouraged anyone who sees or hears fireworks in their neighbourhood to report it to their local police or fire department.

"Nobody wants to see their neighbourhood burn down," he said.

INTOXICATION

BC Ferries tries to cast off drunk drivers

Matt Kieltyka
Metro | Vancouver

BC Ferries is taking a hard line against drinking and driving on its vessels after a June filled with incidents.

Police had to be called in 15 times in the past month to deal with suspected impaired passengers on board with their vehicles, according to the corporation, which has taken the unusual step of issuing a public warning about the issue on Monday.

"BC Ferries takes safety very seriously and that includes the sobriety of motorists on our property," said the service provider's vice-president, Corrine Storey, in a statement. "We have a zero-tolerance policy for passengers under the influences of drugs or alcohol and the unacceptable conduct that can be associated with impairment."

BC Ferries says that, just like on the road, it's illegal to operate a vehicle on any of its ships or at its terminals while under the influence.

It is also urging passengers to report to BC Ferries crew if they witness any consumption of drugs or alcohol on its ships.

bclc
Know your limit, play within it. GameSense
19+

Errington, B.C., couple Darcy Kydd and fiancé Jason Hillier tied the knot with a pyjama-themed wedding atop Mt. Cokely on Vancouver Island last weekend. COURTESY KAYLEE DUCKMANTON

On this mountain, I thee wed

NUPTIALS

B.C. 'pyjama people' take tying the knot to new heights

Thandi Fletcher
Metro | Vancouver

Tying the knot wearing pyjamas might seem unusual, but for a Vancouver Island couple, it was a perfect fit.

In fact, if it wasn't for their mutual love of loungewear, Darcy Kydd and Jason Hillier might have never met, and they might have never said their "I dos" on top of a mountain sporting matching onesies, as they did last weekend.

"Things just happen for a reason," Kydd said. "When Jason and I met, it was just like, you're my person. It was meant to be."

Their love story began 10 years ago when Kydd came across a woman who was hitchhiking with her two dogs. It was starting to rain and Kydd decided to pick her up.

"We quickly became friends and she was like, 'Oh, I know the perfect guy for you,'" she recalled. "She said, 'You have to meet him — you're both pyjama people.'"

One successful blind date later, and the couple have spent few days apart since. In February 2010, they went snowshoeing up the Mt. Becher trail near Courtenay, and when they got to the top of the mountain, Hillier proposed.

After they became engaged, Kydd said they didn't really think about planning a wedding. But when her "Nana" recently turned 90, she said they decided it was time to finalize their nuptials.

When her fiancé asked what kind of wedding she would like, Kydd didn't hesitate.

She said: "We should have a PJ party campout potluck wedding with four-by-fours on a mountain."

She said the pyjama theme was a no-brainer.

In the small town of Errington where they live, Kydd said people often go to the grocery store wearing pyjamas. She and Hillier also carry out dog rescues, so wearing pyjamas is a must when "everything is covered in fur anyway."

"When we get home, we have a half-hour rule," she said. "If we're going to be home for more than half an hour, we both just change into our PJs."

She said her family and friends were supportive of the idea and many of the guests, including her bridesmaids, asked if they could also wear pyjamas.

A few people asked why she didn't want to wear a dress and "be pretty on your special day," but Kydd said she just laughed it off, replying: "I can be pretty in PJs."

"All my friends are pretty down-to-earth and fun," she said. "I think they preferred it to chiffon dresses and high heels, to be quite honest."

The mountaintop idea, however, proved to be less carefree.

It wasn't until the invitations went out that Kydd realized the logistical challenges of shuttling all their wedding guests to the top of a mountain. With the help of friends and family, even including some strangers that caught wind of their wedding plans and wanted to help, the couple assembled a convoy of jeeps and four-by-fours.

On June 20, Kydd and Hillier stood at the summit of Mt. Cokely near Port Alberni, dressed in matching onesies — hers altered to include a train — and became husband and wife before more than 100 guests also clad in pyjamas.

Even Nana was wearing her finest house clothes.

"She was pretty game," Kydd said with a laugh. "She said to me after, 'That was the most sentimental wedding I've ever been to.'"

Today, Kydd said she has no regrets about her choice of attire for her wedding day.

"I don't think it's about so much as what you're wearing," she said. "It's about what's behind it — the words and the intent."

Rick Moynan, 59, from North Bay, is shown in this handout image. Search-and-rescue crews were shocked when he and his partner, missing for seven days, walked out of the backcountry in southern British Columbia. THE CANADIAN PRESS/HANDOUT

Search for Ontario duo ends happily

LOST

Couple lived rough, spotted right before rescue called off

The father of an Ontario man who emerged from a southern British Columbia forest after being lost for seven days says his son isn't sure why he's getting so much attention.

North Bay couple Rick Moynan and Lynne Carmody, who are both around 60, walked out of the forest virtually unscathed as crews were thinking about ending an extensive search on Sunday.

Bob Moynan said he spoke with his son on the phone hours after he was told that the search might be suspended.

"He says, 'We didn't know what all the fuss was about,"' said Moynan from his home near North Bay.

"I said, 'Well Rick, think about it. You were due back for dinner on Monday night at five o'clock, and you're seven days late."'

Moynan and Carmody were on a day hike near a lodge where they were staying in Cathedral Provincial Park when they got lost last Monday.

They managed to survive by staying close to water and building themselves a shelter.

Lynne Carmody, 61, above, and her partner turned up unharmed just as crews were going to call off the search for them. THE CANADIAN PRESS/HO

The couple was exhausted and bruised when they left their shelter and stumbled upon rescuers after spotting a helicopter. They were taken to hospital for a precautionary assessment.

Moynan said his son has a fair amount of outdoors experience, and Carmody's now-deceased longtime husband worked in search and rescue.

He said the ordeal was "terrible" for his family, but he never gave up hope.

"We are people of faith and we were praying a lot," Moynan said. "It's almost a miracle that they could survive seven days and be able to be healthy enough to have been able to walk out. So we're just terribly, terribly grateful that it's over, and we've all learned something."

> **I kept thinking, how far could he possibly walk?**
> Frank Caruso, a friend of Rick Moynan

He said the couple was on their way back to Ontario on Monday.

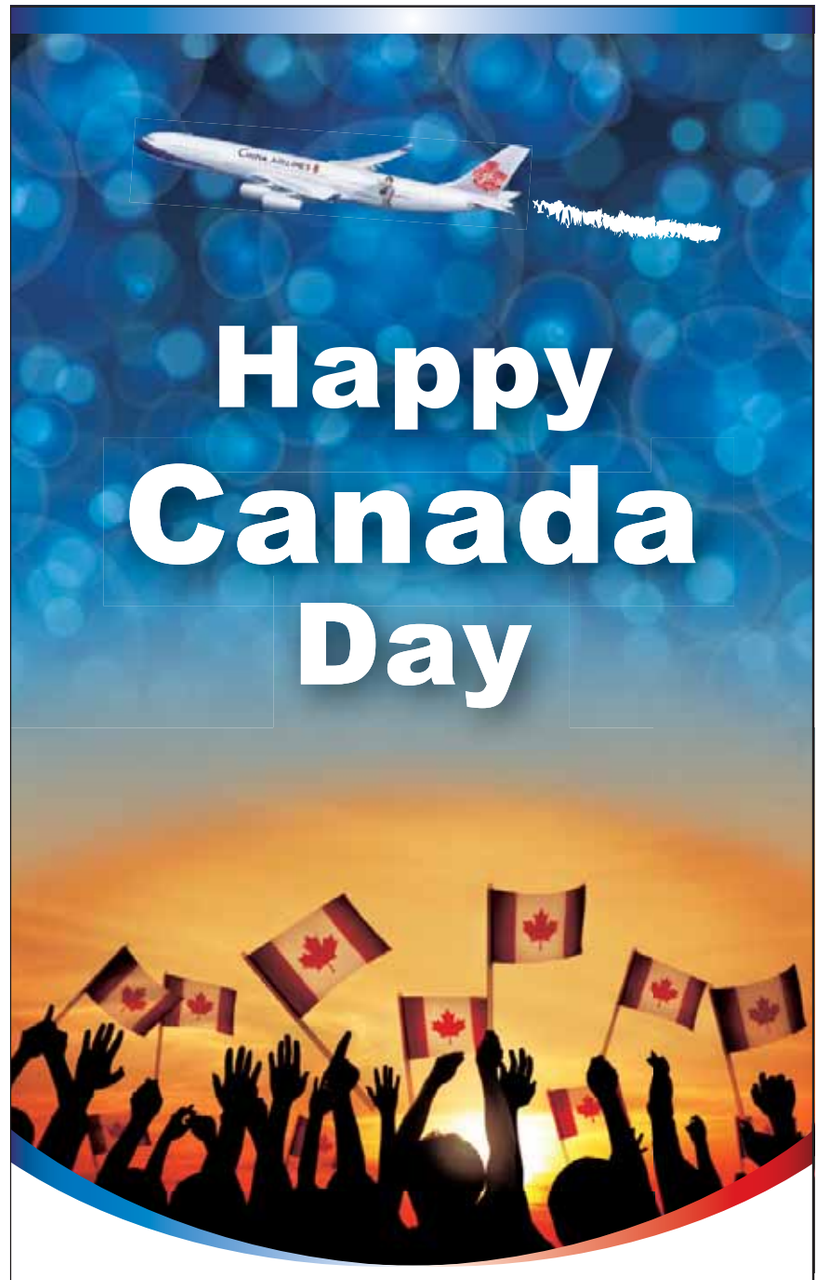
Frank Caruso, a filmmaker in Toronto who is originally from North Bay, has known Moynan for 45 years and said he can sleep soundly now that his friend is safe.

He said he was expecting the worst when a week went by and more than 300 searchers still weren't able to find the couple.

"I kept thinking, how far could he possibly walk?" Caruso said.

"But it's all good. It ended well, that's all that matters."

THE CANADIAN PRESS



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Magnotta joins dating site from behind bars

QUEBEC

Convicted killer seeking 'single white male'

Luka Rocco Magnotta, the convicted killer whose grisly crimes made headlines around the world, is looking for a "prince charming" on a matchmaking website for prisoners.

Magnotta's profile was posted Sunday on Canadian Inmates Connect Inc., a website that tries to hook up lonesome convicts — some behind bars for violent offences like first-degree murder — with potential companions on the outside.

"Seeking single white male, 28-38 years of age, white and in shape," reads a blurb the website's founder says was written by Magnotta himself.

"One who is loyal, preferably educated, financially and emotionally stable for a long term committed relationship. If you think you could be my prince charming, send me a detailed letter with at least 2 photos."

The profile features two photos of Magnotta, who was convicted in December of first-degree murder for the 2012 Montreal killing and dismemberment of university student Jun Lin.

Magnotta, who's serving a life sentence, lists his expected release date as 2037.

"Only those I deem compatible will receive a response," he writes on the profile, which also includes his current postal address north of Montreal: Archambault Institution, in Sainte-Anne-des-Plaines, Que.

Melissa Fazzina, who created the site about 4-1/2 years ago, said Magnotta sent the information to her through a contact. The application and $35 fee arrived via regular mail — convicts don't have Internet access — about 10 days ago.

THE CANADIAN PRESS

Luka Rocco Magnotta has joined Canadian Inmates Connect Inc., a website that tries to hook up lonesome convicts with people on the outside. CANADIAN INMATES CONNECT INC./THE CANADIAN PRESS

SMARTPHONES

New app provides advice for police encounters

A new smartphone app aims to offer byte-sized legal advice as well as other protections to people randomly stopped and questioned by police.

Called Legalswipe, the free app comes amid emotional debate over "carding" and similar practices in which officers ask for information unrelated to a criminal investigation. Critics argue young black men and other visible minorities are disproportionately singled out for the stops.

Law school grad Christien Levien, who said he has had his own unpleasant police encounter, believed there was a genuine need for his app.

"The community at large is concerned about their legal rights," Levien said Monday. "Especially marginalized communities perceive that the police have been violating their legal rights."

Applicable to both Canada and the United States, the advice comes by way of a series of brief questions and answers.

The initial question: "What is the officer attempting?" allows users to choose options such as: "Obtain identification" or "Engage in a search."

It then suggests questions to ask: "Why are you requesting my ID?" or "Am I under arrest?" and offers talking points and advice on what information you must provide. "If you are not being arrested or detained, then you are not required to show ID," the app states.

Other functions allow users to video an encounter and send the recording to a remote server, and to send geotagged email messages.

Although the advice function works, the email broadcast and video functions are having teething problems. Still, the app, available for Apple and Android devices, has been downloaded about 2,000 times in just a couple of days. Levien is trying to raise $140,000 via crowdfunding for further development.

THE CANADIAN PRESS

Legalswipe helps users navigate random stops by police. COLIN PERKEL/THE CANADIAN PRESS

TRANSPORTATION

Planes need kid restraints: Board

The Transportation Safety Board wants specially designed seat belts to be mandatory for babies and children on commercial flights to prevent them from "becoming projectiles" or dying in otherwise "survivable" accidents.

The recommendation to Transport Canada stems from an investigation into a 2012 plane crash in Sanikiluaq, Nunavut, which claimed the life of six-month-old Isaac Appaqaq, who was not restrained by any device or seatbelt.

Kathy Fox, chairwoman of the transportation board, said a parent's arms aren't enough to protect a child during severe turbulence or a crash.

"Adults are not strong enough to adequately restrain an infant just by holding on," she said at a news conference Monday.

"Research has proven it. It's time to do right by our children. They deserve the same level of safety."

The investigation found the Fairchild Metro twin-engine aircraft — which was attempting to land for the second time — was flying "too high, too steep and too fast."

The plane hit the ground well past the runway, bouncing and skidding 335 metres before coming to a stop.

"This accident saw an infant ripped from his mother's arms and killed in the subsequent impact," Fox said. "What's needed is a proper child-restraint system — one that stops the youngest on board from becoming projectiles."

Eight other people on board the Perimeter Aviation charter, including the pilot and co-pilot, survived.

> **Adults are not strong enough to adequately restrain an infant just by holding on.**
> Kathy Fox, Transportation Safety Board

It doesn't make sense that babies and children are required to be harnessed into vehicles in specially designed seats while nothing is required when they board a plane, Fox said.

She also noted that passengers aren't allowed to have purses, backpacks or computers on their lap during takeoff or landing.

"And yet, it's OK to carry a 20-pound baby on your lap," Fox said. "This is the disconnect that needs to be corrected."

The idea may be controversial partly because it would require a baby to occupy a separate seat, Fox said. Currently, children under the age of two fly for free if they are seated on an adult's lap.

Requiring a car seat or a restraint also takes time to install, which could hold up a flight's departure, she added.

"Those are some of the issues that need to be addressed, but they certainly should not be obstacles to making sure children have the same level of safety as adults," Fox said.

Transport Canada has 90 days to respond to the recommendation.

Transport Minister Lisa Raitt said in a statement that she expects "Transport Canada to review these recommendations on an expedited basis."

In the meantime, Fox said parents can use some car seats on most commercial flights instead of checking them as baggage.

The safety board is also recommending that airlines keep better track of underage travellers. Currently, commercial airlines don't track how many children fly each year or how many infants are held in an adult's arms, Fox said.

THE CANADIAN PRESS

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THE SOURCE I WANT THAT

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The 'sorry' state of Canadian manners

We're really sorry, but could we beg your pardon? We know you're probably busy, but, honestly, this will only take a couple minutes. We were just hoping — and please forgive us for this — to discuss our nation's collective impulse to apologize.

Thandi Fletcher
Metro | Vancouver

There's a joke that asks: "How do you get 200 Canadians out of a swimming pool?" The answer: "Please get out of the swimming pool."

Canadians are famously polite — so much so that their reflexive use of the word "sorry," even when their behaviour doesn't warrant it, has become as closely identified with this nation as hockey, maple syrup and poutine. Someone bumps into a Canadian on a sidewalk, and no doubt, the Canuck is apologizing for getting in the way.

Canadian actor and comedian Colin Mochrie poked fun at the stereotype in a satirical segment on the show This Hour Has 22 Minutes, apologizing to all Americans by saying: "On behalf of all Canadians, I'm sorry that we're constantly apologizing for things in a passive-aggressive way, which is really a thinly veiled criticism."

With little data to support the stereotype, however, is there any truth to the perception of Canadians as a nation of apologetic people — and if so, why are we all such a sorry bunch?

As a Canadian living in California, Stanford University psychologist Karina Schumann said she is often confronted with Americans' perception of the profoundly "polite Canadian."

"Everyone I meet is like, 'Oh, I love Canadians! You guys are so polite. You say sorry all the time,'" she told Metro.

"They seem to notice it, while Canadians might comment on Americans being unapologetic, perhaps."

While she's unaware of any research to back up the stereotype, Schumann is an expert on apologies. As a doctoral student at the University of Waterloo four years ago, she researched gender differences in apology behaviour.

Through a study that polled subjects on hypothetical offence scenarios, she discovered that, although men and women reported the same proportion of offences, women felt more transgressions were deserving of an apology and would be more likely to say sorry.

In essence, women apologize more than men.

If the Canadian stereotype is true, Schumann said, the behaviour might be based on many of the same reasons that women say sorry more frequently than men.

"It could be that we're focused on being polite, kind of brought up in that type of environment, and it goes along with other polite behaviours," she said. "We're all taught to say sorry from a young age. Our parents teach us when we're babies to say sorry to other kids and to our siblings. It's kind of ingrained in us."

In her gender research, one of the study samples included Americans. Although she didn't compare the sample with her Canadian data, Schumann said the same patterns emerged from both, suggesting that, if there is a difference in apology behaviour between the two nations, "it's probably smaller than everybody believes it to be," she said.

McGill linguistics professor Charles Boberg theorized that Canadians' tendency to apologize too much could perhaps be traced to their British roots and a required "sense of accepting one's place in the social system and being a 'decent chap' above all things."

"The tendency to apologize probably fits well with the Canadian self concept because it suggests a polite, decent, self-effacing sort of person, similar to how many people think of the British or the Danes," he said in an email. "Whereas the Canadian stereotype of Americans is that they are, by contrast, brash, aggressive and self-important."

Still, Boberg warned against reinforcing national stereotypes that have no research to support them. He said some stereotypes, like Muslims being more prone to terrorism, could be harmful for the way they distort perceptions of entire groups.

Boberg pointed out that it seems many national stereotypes, like Americans being "boorish," Japanese "inscrutable" or Germans "domineering," are often levelled at the world's "most successful" civilizations.

"Is this just a manifestation of the jealousy of second-best cultures toward those who dominate them? Hard to know," he said. "All in all, I think it's hazardous to dabble in national stereotypes, even if the 'victims' of stereotyping are the world's most powerful and successful nations."

But Schumann counters that Canada's reputation for being overly polite isn't necessarily a bad thing.

"People make fun of us I guess for being overly polite," she said. "I think most of the time we make fun of ourselves, but it's better than being made fun of for being rude."

If she had to pick one, Schumann said she'd rather stick to the sorry side.

"I'm proud to be Canadian," she said. "Apologizing is ultimately a positive behaviour that leads to harmonious interactions and all kinds of positive outcomes."

Now, if only we could stop apologizing for being so polite, eh?

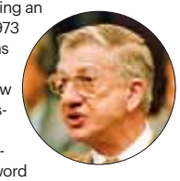
ISTOCK

> **The tendency to apologize probably fits well with the Canadian self concept because it suggests a polite, decent, self-effacing sort of person.**
> Charles Boberg, linguistics professor, McGill University

Great moments in Canuck remorse

1 1986: MP admits "accidental" eavesdropping

In 1986, Tory MP Erik Nielsen, then deputy prime minister, apologized in Parliament for eavesdropping on Liberal party meetings in 1966. He explained during an interview in 1973 that "there was a method by which we knew every Wednesday what was said in the Liberal caucus, word for bloody word." Apparently, crossed wires in an intercom system had allowed him to listen in.



2 2002: Chrétien government regrets aide's diss against George W. Bush

"What a moron." Those were the words from Jean Chrétien's communications director, Francoise Ducros, that prompted the prime minister to publicly compliment the intelligence of his U.S. counterpart. "He is a friend of mine. He's not a moron at all," Chrétien said. A few months later, Carolyn Parrish, a staunch anti-Iraq war Liberal MP, was forced to say sorry after being overheard calling Americans "bastards" following a press scrum.

3 2012: Maple Leafs say sorry for another dismal season

Another year, another missed playoff run. In April 2012, at the conclusion of a season that saw the dismissal of coach Ron Wilson following a spirit-crushing losing streak, MLSE chairman Larry Tanenbaum published an open letter to fans, apologizing for falling "short of everyone's expectations." It worked (sort of): the Leafs made the post-season the next year but were eliminated by the Boston Bruins in the first round.

4 2013: Rob Ford cops to smoking crack cocaine, expects apology to suffice

"Yes, I have smoked crack cocaine," Ford told reporters in November 2013, six months after denying using drugs. "Am I an addict? No. Have I tried it? Probably in one of my drunken stupors, probably approximately about a year ago. I answered your question. You ask the question properly, I'll answer it. Yes, I've made mistakes. All I can do now is apologize and move on."

DETROIT

Mom pleads guilty to killing her kids

A U.S. woman pleaded guilty Monday to killing two of her children and storing their bodies in a home freezer, telling a judge that she had no remorse for beating and suffocating them.

Mitchelle Blair, 36, of Detroit, Michigan, has never challenged allegations that she killed her 13-year-old daughter and nine-year-old son. She pleaded guilty to first-degree murder without any deal with prosecutors — an extraordinary move — and said she would have accepted the death penalty if the state of Michigan had it.

Blair was arrested in March, after deputies carrying out an eviction at her apartment found the bodies of her children in a deep freezer. She said she attacked the children months apart in 2012 and 2013.

Blair said she intended to kill her daughter, Stoni Blair, but didn't know the abuse of her son, Stephen Berry, would be fatal. Blair alleged the children had sexually abused a sibling, though she said she didn't witness the alleged assaults and didn't get police involved because she feared she would lose her other two children.

Mental health experts had found Blair competent to face charges. She faces life in prison with no chance for parole. THE ASSOCIATED PRESS

> **I don't feel no remorse for the death of those demons.**
> Mitchelle Blair

Police stand over David Sweat after he was shot and captured near the Canadian border, Sunday, in Constable, N.Y. THE ASSOCIATED PRESS

GAZA BLOCKADE

Israeli navy catches Swedish activist ship

Israel's navy intercepted a Swedish vessel attempting to breach a naval blockade of the Gaza Strip early Monday and brought it to an Israeli port, where it said the foreign activists would be questioned before they are sent back to their home countries.

The military said that after exhausting all diplomatic efforts, the government ordered it to block the vessel. Israeli naval forces boarded the Marianne and searched it in international waters without needing to use any force, the military said.

The ship was carrying about 20 activists, including Israeli Arab lawmaker Basel Ghattas and former Tunisian President Moncef Marzouki. Three other ships that were part of the original flotilla reversed course before encountering the Israeli navy.

The Israeli military issued a statement Monday night saying the vessel had arrived at the Ashdod port. "The vessel and crew members are now being transferred to the appropriate authorities for immigration and deportation processing," it said.

Interior Ministry spokeswoman Sabine Haddad said it could take a few days to deport them, depending on available flights.

The Freedom Flotilla group posted a photo on Twitter apparently showing a group of its activists on a ship.

Petros Stergiou, a member of flotilla's media team in Athens, said the group would continue its acts of protest until the blockade of Gaza was lifted.

"Once again, the Israeli state commits an act of state piracy in the Mediterranean Sea," he said. "The government continues this policy of non-tolerance, which means that it will continue to enforce the collective punishment against the 1.8 million people in Gaza."

Israel has maintained a blockade of Gaza since Hamas militants took power in 2007, following Hamas's electoral victory in 2006. THE ASSOCIATED PRESS

IN BRIEF

Mob kills school director after bodies found

Police are investigating the mob killing of a school director in northern India after two of the school's students were discovered dead, officials said Monday.

The mob attacked the boarding school's director on Sunday after the bodies of two boys aged 10 and 11 were found in a nearby pond, Nalanda district police Superintendent Siddhartha Kumar Jain said.

The students had disappeared a day earlier from the school grounds, and villagers accused school staff of killing them and dumping them in the pond. Autopsies later showed the boys had drowned. THE ASSOCIATED PRESS

Two escapees were walking to Canada

UPSTATE NEW YORK

Pair split up after ride to Mexico bailed

Two convicted murderers who eluded a massive manhunt for three weeks planned to drive to Mexico after escaping prison but ended up walking toward Canada when their ride backed out — finally splitting up in their final days of freedom, Gov. Andrew Cuomo said Monday.

David Sweat, 35, was hospitalized in serious condition after being shot twice in the torso by a trooper and captured Sunday near the Canadian border. Cuomo said Sweat has begun providing information about his audacious escape from the maximum-security Clinton Correctional Facility on June 6 with Richard Matt and their weeks on the lam. Matt was killed by officers on Friday.

Prosecutors have previously said prison tailor shop employee Joyce Mitchell got close to the men and agreed to be their getaway driver but backed out because she felt guilty. Authorities also have said they discussed killing Mitchell's husband, matching the newly detailed account provided by Cuomo on the Capitol Pressroom radio program.

> **(David) Sweat felt that (Richard) Matt was slowing him down.**
> Gov. Andrew Cuomo

"They would kill Mitchell's husband and then get in the car and drive to Mexico on the theory that Mitchell was in love with one or both of them," the governor said. "When Mitchell doesn't show up, the Mexico plan gets foiled, and they head north toward Canada."

Matt and Sweat apparently spent more than two weeks together roaming the thick northern New York woods. Authorities believe they travelled mostly at night and managed to procure food, a gun and other supplies from hunting camps and seasonal cabins.

Cuomo said the two men split up about five days ago. Matt had blisters on his feet and Sweat thought his 49-year-old escape partner was holding him back.

Sweat was captured Sunday in town of Constable, about 30 miles northwest of the prison, after Sgt. Jay Cook spotted him while on routine patrol. Cook shot Sweat as he fled toward a stand of trees. THE ASSOCIATED PRESS

WEATHER

Spain, Portugal issue heat warnings

Spain and Portugal both issued weather alerts Monday, advising residents to take extra care as temperatures soared above 40 C in some southern areas.

The Iberian Peninsula was sweltering in a heat wave brought on by a mass of hot air flowing north from Africa to Europe in recent days, though recorded temperatures fell shy of the day's forecast of a maximum 44 C.

With the temperature in Cordoba hitting 41 degrees Celsius, Spanish authorities placed the southern city on alert due to "extreme risks" from the heat. People across the southern half of Spain flocked to beaches, swimming pools and fountains.

In Portugal, a high of 37 C was recorded in the eastern city of Beja, while the capital, Lisbon, sweltered in 35 C heat. Portugal's General Directorate for Health recommended staying out of the sun between 11 a.m. and 5 p.m.

Iberia is forecast to start cooling down on Tuesday when the heat wave is due to move into northern Europe, including the United Kingdom.

Portuguese authorities also warned of a high risk of forest fires in wooded areas of central and northern Portugal.

Official statistics show that after an uncommonly dry winter and spring, almost 54 per cent of the Portuguese mainland was enduring extreme or severe drought at the end of May. With little rainfall in June, that percentage is expected to rise. THE ASSOCIATED PRESS

Children play as they cool down in a fountain in Madrid, Spain, Monday. ANDRES KUDACKI/THE ASSOCIATED PRESS

NBC to The Apprentice's Trump: 'You're fired!'

ENTERTAINMENT

Presidential candidate's anti-Hispanic words cost him

NBC said Monday that it is ending its business relationship with mogul and GOP presidential candidate Donald Trump because of comments he made about Mexican immigrants during the announcement of his campaign.

The network said it would no longer air the annual Miss USA and Miss Universe pageants, which had been a joint venture between the company and Trump. Miss USA has aired on NBC since 2003, and this year's edition was set for July 12.

"At NBC, respect and dignity for all people are cornerstones of our values," NBC said in a statement.

Trump's reply: a "weak" NBC should prepare to meet him in court.

NBC's action comes less than a week after Univision similarly decided to ditch Trump and the pageants. Trump has also been a fixture on NBC as host of The Apprentice and its celebrity offshoot, and an agreement that he would no longer be on the show predated the current controversy. The network said Monday that it and producer Mark Burnett are exploring ways to continue "Celebrity Apprentice" without Trump.

Trump said he anticipated losing the business relationship and that he's not apologizing for his statements because they "were correct."

"Whatever they want to do is OK with me," Trump told reporters in Chicago after a campaign speech before the City Club of Chicago, which is comprised of civic and community leaders.

Protesters gather across the street from a restaurant in Chicago, Monday, before Republican presidential candidate Donald Trump spoke to members of the City Club of Chicago.
CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

But in a statement issued by his company in New York, Trump said "NBC is weak, and like everybody else is trying to be politically correct. That is why our country is in serious trouble."

He said he'd consider suing, as he plans to do with Univision. He also took a shot at NBC's decision to demote, but not fire, news anchor Brian Williams for telling false stories about some of the reporting he was involved in.

> **NBC is weak, and like everybody else is trying to be politically correct. That is why our country is in serious trouble.**
> Donald Trump

"They will stand behind lying Brian Williams, but won't stand behind people that tell it like it is, as unpleasant as that may be," he said.

During his presidential kickoff speech, Trump said Mexican immigrants are "bringing drugs, they're bringing crime, they're rapists and some, I assume, are good people." He called for building a wall along the southern border of the United States. Trump later said that his remarks were directed at U.S. policymakers, not the Mexican government or its people.

The National Hispanic Leadership Agenda, a group of 39 Latino advocacy organizations, had called on NBC to get out of business with Trump. Similarly, a petition urging the same thing on the Change.org website had gathered more than 218,000 signatures.

In a sense, NBC's hand was forced by Univision's decision. NBC's parent company, NBC Universal, owns Telemundo, the chief competitor to Univision among Spanish-language networks in the United States. Telemundo lost the contract to air Miss USA and Miss Universe to Univision.

"If they need and value the Latino community, they needed to show they knew the depth of the insult that came from Trump," said Felix Sanchez, organizer for the National Hispanic Leadership Agenda.

Dozens of protesters — from immigrant and Latino rights groups — waited outside of a downtown Chicago restaurant where Trump spoke. Their chants included "No more hate!"

Maritza Vaca, with the Chicago-based Accion Hispano, said immigrants have rights and was upset by Trump's comments. "It is racism," she said. "For him to be running for president is ridiculous."

NBC said it is still determining what it will air in place of the pageant next month. Miss USA drew 5.6 million viewers when it aired in June 2014, a full million more than the year before. That would have been a very good rating if it had been repeated, although television viewership in early July is usually lower than at any time of the year.
THE ASSOCIATED PRESS

SOUTH CAROLINA

Flag may come down

A survey of South Carolina legislators shows there is enough support to remove the Confederate battle flag from Statehouse grounds if all supporters cast a vote.

The push to remove the flag, a Civil War era symbol of the secessionist, pro-slavery rebel South, follows the shooting deaths of nine people at a historic black church in Charleston on June 17. The pastor, state Sen. Clementa Pinckney, was among the dead. The suspect in the shooting was shown in photographs brandishing the flag as a symbol of hate.

Gov. Nikki Haley called on legislators a week ago to send the battle flag to a museum.

On Monday, The Post and Courier newspaper, the South Carolina Press Association and The Associated Press asked all lawmakers how they intend to vote. At least 33 state senators and 82 state House of Representatives members say the flag should go.

That appears to meet the two-thirds majority needed from both chambers to move the battle flag. That rule is part of the 2000 compromise that took the flag off the Statehouse dome and put a smaller, square version beside a monument to Confederate soldiers.

There are 123 legislators in the House and 45 in the Senate.

The exact number needed to pass a bill is uncertain. The two-thirds requirement applies to whoever is present and voting at the time.

Some legislators responded that they would not weigh in until after the funerals for all nine victims.

Others say they're still undecided. THE ASSOCIATED PRESS

U.S. EAST COAST

Tourists crowd out shark waters

Shark experts have a not-so-reassuring explanation for a recent spate of attacks along on the coast of the Carolinas: It's mainly because so many people are getting in the water.

Six shark attacks were recorded in June in North Carolina waters, and the two most recent victims had to be flown to a hospital in Virginia for treatment. That's more than North Carolina has recorded in any single year dating to 2000. But it's all a matter of perspective, said George Burgess, director of the Florida Program for Shark Research.

There were 28 attacks reported in Florida in 2014. So far this year, there have been 11 shark attacks there, with eight of those in neighbouring Brevard and Volusia counties. Volusia is home to Daytona Beach, which is often packed with tourists.

Americans made 2.2 billion visits to beaches in 2010, up from 2 billion in 2001, according to a U.S. Army Corps of Engineers estimate. THE ASSOCIATED PRESS

IN BRIEF

Condom Pope portrait not a hit with Catholics

The Milwaukee Art Museum has received dozens of complaints from angry Catholics and others over its plans to display a portrait of Pope Benedict that is made from 17,000 condoms.

Trustees president Don Layden tells the Journal Sentinel the portrait is meant to spark a conversation about AIDS and AIDS education.
THE ASSOCIATED PRESS

NUTRITION

Greek yogurt a lunch option

Public schools across America will soon offer Greek yogurt as a meat substitute in school lunches beginning this fall.

Officials at Chobani, a manufacturer of Greek yogurt, announced Monday it had been selected by the U.S. Department of Agriculture to supply the yogurt as part of the federal school lunch program.

The USDA decided in April to include Greek yogurt as a permanent option in its school lunch program after classifying it as an approved meat substitute in 2013. Chobani was selected as the exclusive provider after it successfully led a Greek yogurt pilot program over the past year, expanding the program from four to 12 states.

During the first three months of the pilot program, schools in Idaho, New York, Arizona and Tennessee consumed 200,000 pounds of Chobani Greek yogurt. By the time the program was expanded, schools were ordering 700,000 pounds of yogurt.

Company officials did not disclose the value of its USDA contract.

Greek yogurt is a thicker style yogurt that has twice the protein of traditional yogurts and uses hormone-free milk.

"Chobani is a nutrient-intense food and getting children the best nutrition early in life is very important to us," said Robert Post, senior director of Chobani's nutrition and regulatory affairs, in a prepared statement. "Since the very beginning, Chobani has sourced milk from cows not treated with artificial growth hormones."
THE ASSOCIATED PRESS

Greeks swarm closed banks

ECONOMY

Today is the deadline for the country to repay $1.8B US

A supporter of the No vote in Greece's upcoming referendum holds an old 1,000 drachma bank note during a rally Monday in Thessaloniki, Greece. GIANNIS PAPANIKOS/THE ASSOCIATED PRESS

Anxious pensioners swarmed closed bank branches Monday, and long lines snaked outside ATMs as Greeks endured the first day of serious controls on their daily economic lives ahead of a July 5 referendum that could determine whether the country has to ditch the euro currency and return to the drachma.

As strict capital controls took root following Prime Minister Alexis Tsipras' surprise weekend decision to call a referendum on international creditors' latest economic proposals, Greece's population tried to fathom the sheer scale of the impact on their day-to-day existence.

Following a breakdown in talks between Greece and its creditors, the country is in the midst of one of the most acute financial crises seen anywhere in the world in years. It's running out of time to get the money it needs to stave off bankruptcy.

That has stoked fears of a crippling bank run, a messy Greek debt default and an exit from the euro. As a result, the country's government imposed strict capital controls, none more onerous than a daily allowance of 60 euros ($67 US) from the ATM.

The sense of unease was palpable among the crowds of pensioners who lined up outside bank branches, hoping they might open. Many elderly Greeks don't have ATM cards and make cash withdrawals in person — and so found themselves completely cut off from their money.

"I came here at 4 a.m. because I have to get my pension," said Anastasios Gevelidis, 74, one of about 100 retirees waiting outside the main branch of the National Bank of Greece in the country's second-largest city of Thessaloniki.

"I don't have a card. I don't know what's going on. We don't even have enough money to buy bread," he said.

The capital controls come ahead of a big $1.8-billion US payment Greece has to make to the International Monetary Fund (IMF). It's unlikely to be able to pay that without financial assistance.

Greece's bailout program with its European creditors officially expires Tuesday, meaning the country will not have access to any of the $8.1-billion US still available if it doesn't secure a deal. THE ASSOCIATED PRESS

IN BRIEF

CRTC fines Porter Airlines $150K for spam violation

Porter Airlines has been fined $150,000 for violating the CRTC's anti-spam legislation.

The CRTC says the Toronto-based airline has agreed to pay the fine for sending emails without an unsubscribe button or one that was clearly labelled.

The federal regulator says Porter was also unable to provide proof of consent from each email address that received its commercial emails.

The CRTC says the violations took place between July 2014 and April 2015.

Porter spokesman Brad Cicero says the problem arose as the airline was transitioning to a new email platform and there were some "isolated errors." THE CANADIAN PRESS

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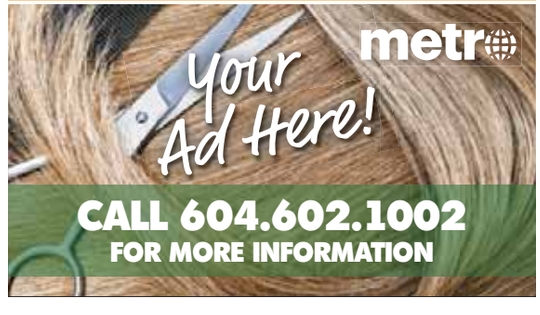

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metro VIEWS
Your essential daily news
Tuesday, June 30, 2015

the big number

48%

IS THE PORTION OF CANADIANS who correctly answered that 1965 was the year the country adopted its current flag. Ancestry.ca gave 1,000 Canadians a multiple-choice quiz with questions like "Who was Canada's first prime minister?" (75 per cent guessed Sir John A. Macdonald), and "What was the official flag prior to the Red Maple Leaf?" (64 per cent knew it was, de facto, the Union Jack). Though all but three per cent could identify a picture of Terry Fox, a third couldn't name the year of Confederation (1867), and only about half knew the four original provinces (Nova Scotia, New Brunswick, Ontario and Quebec), lending credence to the oft-repeated complaint that Canadians are ignorant of their own history and symbols. SOURCE: ANCESTRY.CA

Moralizing doesn't make for good cycling policy

YOUR RIDE
Karen Quinn Fung

Want to bring your party to an awkward screeching halt this summer? Tell someone how you really feel about mandatory cycling helmets.

Much ink has been spilled of late with arguments in favour and opposed to the helmet requirement, in effect in B.C. since 1969. On the "for" side: the stories of those who, the doctors tell us, would have died or suffered debilitating injury if it weren't for their helmets.

On the side against: the "helmet choice" advocates and public health professionals point to the dramatic effect helmets have on lowering rates of cycling. Mandatory helmets reinforce the perception of cycling as unsafe, reflecting a moralistic, victim-blaming stance rooted in outmoded stereotypes and reinforced with threats of fines.

Making cycling more mainstream, paired with education and infrastructure, means more people cycling part-time and who will drive less recklessly when they get in their cars. A step closer toward reducing fatalities.

We all make snap judgments based on what we see from other road users — however I'm travelling, I give extra berth and room to those failing to signal, not yielding to pedestrians or flagrantly misusing traffic circles, just as others pay me in kind when I execute an unskilled or unsafe maneuver. We also behave differently with awareness of our limits. If I'm without a helmet, I generally ride slower and much more conservatively than when my helmet is making me fearless and comparatively less risk-averse.

So what will happen when we can't make moral judgments about cyclists who don't wear helmets any more?

Swedish company Hövding has a product that might make that a reality. Their 2012 video made waves demonstrating a prototype inflatable airbag-helmet for cyclists. Decked out with sensors taking readings hundreds of times per second, the airbag monitors for irregular movements indicating a fall or collision. In such an event, it deploys an airbag to protect the cyclist's head and neck in a tenth of second, shielding them from impact or injury. Now in its second iteration, the product's rigorous European Union safety testing has shown it to provide three times more protection than even the safest existing bike helmets.

If it ever becomes available in Canada, it will be a game-changer, as it's worn as a collar around the neck, deploying only when needed. Blending mostly in with ordinary clothing, the device would not appear to most observers to be protecting the rider.

If I'm without a helmet, I generally ride slower and much more conservatively than when my helmet is making me fearless.

For those who might want to use cyclists' lack of helmets to absolve themselves of using roads at unsafe speeds or in poor consideration of the surrounding context, it will hopefully keep their moment of callous disregard from ending tragically, and a larger number of us will be able to more regularly enjoy the benefits of cycling.

Karen Quinn Fung writes on sustainable transportation issues and policy. Find her @counti8 on Twitter.

ROSEMARY WESTWOOD

metroview

An American's introduction to a Canadian classic

"I want to see a moose."

That became the running joke from the moment C. — my American boyfriend — arrived for a visit last month. It was his answer to anyone who asked what he wanted to do in Canada, punctuated with a mischievous glance at me.

It was funny, sure, but I also took it as a bit of a slight. I wondered if, at some level, he really did think seeing a moose (or jumping onto one, as one drunken idiot recently did) was an important Canadian experience. The wilderness equivalent of poutine (also on his list). "Oh, ya. For sure, eh?" became a regular refrain in our apartment, and I worried about what he really thought of Canada.

So, I tried to educate a man who'd, in his defence, had little reason to think of us. You know, dental isn't covered by health care, I informed him. We talked about the residential school history. With an election brewing, politics popped up.

But, talking to an American about politics is like talking to a Canadian about winters. Naturally, we turned to American politics, and I had the odd meta experience of being a Canadian watching an American watch a Canadian talk about Hillary Clinton (takeaway: Who the hell are we to judge her?).

Now that C.'s time in Canada is winding down, I asked what he made of Canadians. He paused.

"Everybody's into being fit," he offered. "Big into manners — but kind of stiff. (They) like to drink. Big into doing the right thing, it seems.

"Like Americans, if they sobered up and levelled out. The cousin you'd call to come pick you up if you were wasted."

Doesn't sound so bad to me. Being known for wildlife, winters, and niceness only seems irritating out of context. Compare that to being known for a possible run on the banks (the Greeks), a civil war (the Syrians), a national arrogance (the French, rightly or wrongly) or a repressive Communist government (the Chinese).

Plus, it's not actually hard to see a moose. All it takes is a short drive to the Toronto Zoo, where, in what's called the Canadian Domain, there are lynx, grizzly bears — and in the furthest possible pen, two moose.

They were laying down as far away from C. and me as possible, and didn't even have antlers. Of the two of us, I was clearly the more disappointed.

I sighed. "So, do you understand Canadians better?"

"Oh, ya. That pretty much clears it up for me," he said in a deadpan tone. "Saw a moose."

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"When do you think your writer's block will kick in? Signed Ev R Hopeful"

The #AskELJames Twitter chat on Fifty Shades of Grey got some cheeky queries

Baking bread breaks barriers

DOCUMENTARY

Film shows how cultures bond over rising dough

Megan Haynes
For Metro

An NFB film titled Bread follows six women whose spirits rise alongside their homemade dough. ALL PHOTOS: CONTRIBUTED

Bread (or naan, or bannock) is one of those rare foods that's shared by most cultures, says Mariette Sluyter. That realization came as she was working with a non-profit organization in Calgary trying to reduce social isolation among seniors.

A truism of society has always been that cultural groups tend to stick together, and as seniors age, those groups dwindle, she says. To expose older folks to new people, she wanted a way to bring different cultures together.

"So we got a group of ladies together who were from diverse backgrounds ... and we asked them to bake some bread," she says

Sluyter and the National Film Board have turned that process into a new interactive documentary launching on Canada Day. Titled Bread, the doc follows the lives of six women as they make their favourite recipe, with DIY instructions for those who want to try their hand at making some homemade dough. It's a bid to break down generational and cultural barriers, says Sluyter, the creator and writer of the film.

"It's this active thing you do with your hands, and it takes time (to wait for the yeast to rise and to bake it)," says Sluyter. "The waiting time was the magic time when ladies would share stories."

Mariette Sluyter

Sluyter recalls one situation where two participants learned they lived near each other growing up. "Carrie (Sheen) — who is Cree — explained how at the time it was illegal to farm on the reserve," Sluyter says. "Vera (Kalmakoff, who lived nearby) had always believed the racist stereotypes that it was sheer laziness that they didn't farm. There was a breaking down of barriers — a moment when you could see Vera shift (her opinion) and you could see Carrie recoup some of the dignity that had been lost due to systemic racism."

In 2011, Sluyter approached Teri Snelgrove, associate producer with the NFB, with an idea to document that "magic time." Before long, microphones and cameras were out in full force.

Bread, Sluyter says, is a metaphor for humanity: The same ingredients go in (wheat, yeast and water), but something different tends to come out depending on where you were raised.

There are a number of other foods that many cultures share, says Sluyter. "But bread has a visceral response for us as human beings."

Bread elicits nostalgia, adds Snelgrove. "I remember that feeling of being a little kid — the smell, my nanny sawing off a huge slice and slathering it with margarine and black sap molasses," she says. "To this day, if I smell bread, I'm connected with my past in a really strong way."

While the smell of bread may bring back memories of grandmothers or mothers kneading bread, Sluyter hopes her new film will encourage a younger audience to make their own memories.

> **"To this day, if I smell bread, I'm connected with my past in a really strong way.**
> Teri Snelgrove, associate producer with the NFB

"I must have been 11 years old when I started (baking) bread with my mother," says Anne Kerekes, now 89, who was featured in the film. "It's always better than the bread you buy — crisper crust, tastier, and it doesn't cost as much as buying it."

The Calgarian — by way of Hungary — taught her granddaughter Natalie Muyres, 42, how to raise a loaf as well. "I don't have a memory that doesn't including being in the kitchen with my grandmother," Muyres says. "It's part of my heritage."

But not all kids today have that same experience. "We took the ladies (featured in Bread) into some elementary school and in some classrooms, heartbreakingly, at least 50 per cent of the kids had never had homemade bread," she says. "We've become so reliant on the industrialized food systems, we can't even make something that's so central to (so many) cultures."

But, Sluyter says there's hope. While many of the ladies bemoaned that their own children or grandchildren didn't always have an interest in baking, the online space has opened up a new world of possibilities. "There are kids and younger generations that want to hear (how to make bread)," she says. "So what these women have done is step into this version of being a digital elder. (The) elderly have knowledge to impart, and we risk losing out own culture if we don't partake in that knowledge."

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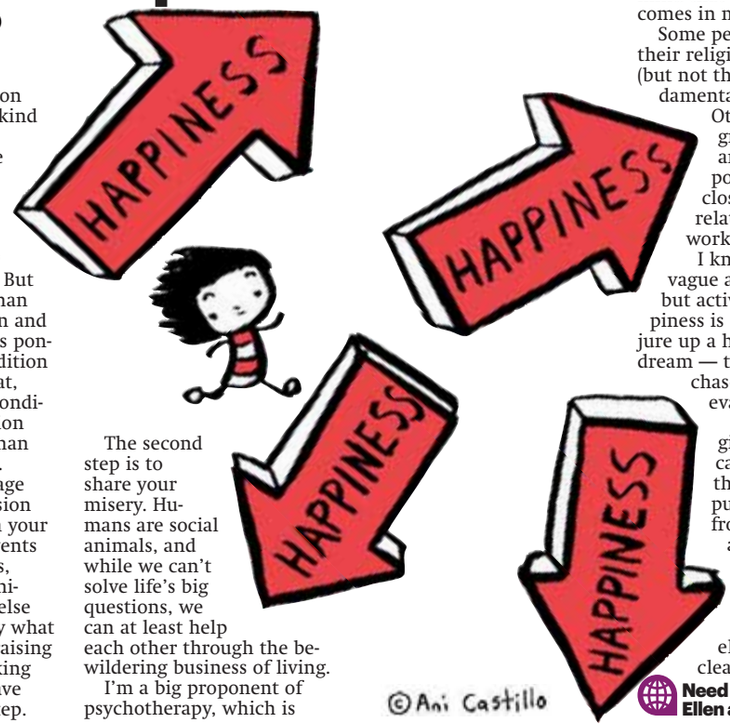
The question What is life beyond the pursuit of goals?

Dear Ellen,
I feel I need advice on everything. I'm only 23 years old but it seems like I'm running too slow towards my future and not being very successful. I had my future planned out but it all completely changed 6 months ago, I just want to have fun while living life but in my opinion everyone has the same goal. To have a nice paying job, a house, a car, a family. But what's really out there to do in life? Any advice?
— D.D.

Dear D.D.,

You're asking a question that has plagued mankind for millennia — I say MAN-kind because the discussion has mostly been dominated by male philosophers, possibly because the women were too busy doing the housework. But believe me, every human being with half a brain and a moment to spare has pondered the human condition — only to discover that, unlike other human conditions such as indigestion and dandruff, the human condition has no cure.

The trick is to manage the symptoms. Confusion about what to do with your life, uncontrollable events messing up your plans, feeling alone in the universe while everyone else seems to know exactly what they're doing — just raising the questions and talking about them, as you have done, is a good first step.



The second step is to share your misery. Humans are social animals, and while we can't solve life's big questions, we can at least help each other through the bewildering business of living.

I'm a big proponent of psychotherapy, which is basically just learning to listen to your true self, and become a more self-aware human being. But keep in mind that "psychotherapy" comes in many forms.

Some people find it via their religious communities (but not the fanatical fundamentalist kind, please). Others learn and grow by talking and (just as important) listening to close friends, trusted relatives and solid workmates.

I know this sounds vague and frustrating, but actively seeking happiness is like trying to conjure up a half-remembered dream — the more you chase it, the faster it evaporates.

Direct your energies to what you can do: tidy up, do the dishes, keep putting one foot in front of the other, and trust that life is worth living, one day at a time.

If nothing else, you'll have a clean house.

Need advice? Email Ellen at scene@metronews.ca

IN BRIEF

Dogs being trained to hunt truffles

The growing appetite for truffles is feeding demand for dogs trained to sniff out the pungent fungus, prized by chefs and foodies.

As more landowners plant orchards in hopes of harvesting truffles, more dogs are being trained to detect the earthy delicacies, which take several years to ripen on tree roots underground.

"There is huge demand for truffle dogs right now," said Alana McGee, co-founder of the Truffle Dog Company, which helps orchard owners search for truffles and trains dogs how to find them. Lolo is an Italian breed commonly used to hunt truffles, but McGee said any dog can be trained.

In Europe, truffle hunters traditionally used pigs, but in recent years the job has gone to the dogs.

THE ASSOCIATED PRESS

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Cookbook espouses a plant-based diet

FARM TO TABLE

Seasonal recipes keep you eating fresh all year

> **Eating healthily doesn't have to be boring or associated with sacrifice.**
> Sarah Britton

Sarah Britton's food transformation started when she ate a tomato picked from a vine that was packed with more flavour than anything she'd ever tasted.

She chronicles that discovery and subsequent journey to a plant-based diet in her new book My New Roots (Appetite by Random House).

"Eating healthily doesn't have to be boring or associated with sacrifice," she said. "One of the most amazing things I've learned is that when you eat this way you don't have to count calories. You don't have to worry about fat grams."

Now 32, Britton says she was overweight when she was younger and often berated herself for her food choices.

"This has just liberated me so much from that and my body has completely come into the shape that it should be in just naturally.... I spent so much energy feeling really bad about what I was eating. Now I feel so free from that because I can eat whatever I want whenever I want," said the Copenhagen-based author during a return visit to Canada to promote her book.

"Every single calorie is really good for me and I don't have to worry about it anymore.

"Food is supposed to be a joy and a pleasure, and if we can free ourselves from the shackles of all this negativity that's around food, wouldn't that be nice?"

Growing up in Toronto, Britton ate processed, packaged and sugary foods — "my parents didn't love cooking." After graduating from design school in Montreal, an interest in the environment inspired her to attend a five-week workshop on organic farming in Arizona. The five weeks turned into a year.

"I've never experienced such a profound transformation in my life. I completely changed. My energy level skyrocketed, my skin cleared up, I slept better, I had tons more energy. I could just think clearer. I literally say I woke up for the first time in my life because I realized I'd been living in a mental fog for 23 years and I thought that was just what people felt like.

"When I finally started eating properly I could not believe the difference it made."

Back in Toronto, she studied at the Institute of Holistic Nutrition and became a Certified Nutritional Practitioner.

The farming stint taught her the importance of growing food organically. The course taught her what food did in the body.

When she moved to Copenhagen to be with her Danish husband — they met on a street corner in New York when he asked her for directions — she discovered she couldn't legally practise holistic nutrition.

So she started her My New Roots blog in October 2007 to share her thoughts about plant-based eating along with the results of her culinary experiments. Her debut book, which ranges from simple recipes to long-term food projects, stemmed from that.

THE CANADIAN PRESS

Grilled zucchini and green onions with baby spinach and hazelnuts — one of the recipes in My New Roots.
LAURA SNIDERMAN/THE CANADIAN PRESS

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metro SPORTS

Dwyane Wade will become a free agent after 12 seasons with the Miami Heat

Tuesday, June 30, 2015

Sesselmann strikes back

WOMEN'S WORLD CUP

Canadian takes aim at critics online over gaffe

Canadian defender Lauren Sesselmann, victimized at the Women's World Cup, has shot back at her critics.

In an Instagram posting, the 31-year-old centre back talks of her pain in the wake of a handling error that led to the first goal in Saturday's 2-1 quarter-final loss that ended Canada's tournament. The ball got tangled in her feet and English forward Jodie Taylor pounced on it and scored.

Like many of her teammates, Sesselmann did not speak to reporters after the England game.

"Words cannot describe how utterly heartbroken I am," wrote Sesselmann, who battled back from knee surgery to make the World Cup team. "The tears have not stopped flowing and this one is going to hurt for a really really long time. Yes I slipped, yes they scored and yes you can blame me all you want ... If that's what makes you feel better fine.

"No one knows how hard I worked to get back from injury to be a part of this special team and make a difference. I know my worth and I know all the great things I've done to help this team get here."

Sesselmann then took aim at those who had pointed the finger at her.

"For all you classless people with your negative comments and threats you know absolutely nothing. You can sit there and choose to focus on every negative and pick apart our team BUT you have NO IDEA how much passion, heart and hard work this team puts in. No matter what any of you say I am so damn proud to wear this jersey and so damn proud of what we have accomplished and how hard we fought.

"Yes we aren't perfect and yes we ALL made mistakes, every great athlete makes mistakes ... YOU even make mistakes. ... It's part of life ... but it's how you respond that matters, and we never stopped fighting. And I can promise you all this ... WE WILL be back and WE WILL be better." THE CANADIAN PRESS

> **The people who are really chipping away at Lauren, she doesn't even need to give them any attention.**
> John Herdman

SEMIFINALS

TUESDAY
In Montreal
Germany vs. U.S., 4 p.m. PT

WEDNESDAY
In Edmonton
Japan vs. England, 4 p.m. PT

England's Jodie Taylor, right, scored on Canada shortly after Lauren Sesselmann misplayed a ball during a quarter-final match at BC Place Stadium on Saturday. DARRYL DYCK/THE CANADIAN PRESS

WHL

Giants to unveil new head coach

The Vancouver Giants have found their guy.

The local Western Hockey League club will introduce Lorne Molleken as the new head coach at a press conference Tuesday morning. He becomes the sixth head coach in franchise history.

Molleken brings extensive experience as a coach in junior hockey, dating back to the late 1980s first as an assistant with the Moose Jaw Warriors. He's also spent time as an NHL assistant and head coach.

Prior to joining the Giants, Molleken spent nine seasons with the Saskatoon Blades.

His time there included a 56-win season in 2010-11, however, the Blades never made it past the second round of the playoffs during his most recent tenure with that organization.

Before the hiring process began, Giants general manager Scott Bonner emphasized the successful candidate would need coaching experience at the junior level.

Molleken represents the fourth coach to take the reigns behind the bench for the Giants since the start of the 2013-14 season, which turned out to be the last in Vancouver for Don Hay.

The Giants have missed the playoffs in two of the last three years, and will have their top forward Tyler Benson entering his draft year in 2015-16.

CAM TUCKER/METRO

NHL

Canucks re-sign Vey and Markstrom

Two days after the NHL draft wrapped up, the Canucks re-signed a pair of restricted free agents and making qualifying offers to four more.

The Canucks re-signed forward Linden Vey to a one-year deal worth $1 million and goalie Jacob Markstrom to a two-year deal worth an annual average value of $1.55 million, according to Pierre LeBrun of ESPN.

The 23-year-old Vey registered 10 goals and 24 points in 75 games, but had a few prolonged scoring droughts throughout his first season in Vancouver.

Linden Vey GETTY IMAGES

Markstrom is coming off a sensational season in the AHL with the Utica Comets, posting a .934 save percentage in the regular season and an appearance in the Calder Cup final.

He'll enter next season as the backup to Ryan Miller, 34, after the Canucks traded Eddie Lack over the weekend.

The Canucks also extended qualifying offers to forwards Sven Baertschi and Alexandre Grenier, and defencemen Adam Clendening and Frank Corrado.

The Canucks didn't make qualifying offers to seven players, most notably right-shooting defenceman Yannick Weber, who general manager Jim Benning was bullish on re-signing after the playoffs.

Weber possesses a heavy slap shot from the point, and ended up being counted upon as a top-four defenceman for the Canucks toward the end of the season.

The Canucks still have Kevin Bieksa on their roster after failing to consummate a trade for the veteran blue-liner at the draft, in what would've been a move they were hoping to recoup a second-round draft pick with, but also free up cap space heading into the free agency period beginning July 1.

CAM TUCKER/METRO

CYCLING

Hesjedal named team co-leader for Tour de France

Ryder Hesjedal joins Andrew Talansky and Dan Martin as co-leaders of the Cannondale-Garmin Pro Cycling team for the 102nd Tour de France.

The 34-year-old from Victoria is coming off a fifth-place finish at the Giro d'Italia, a race he won in 2012.

It marks Hesjedal's seventh Tour and first since 2013. His best overall result at the Tour de France was sixth in 2010.

Talansky is a U.S. national time-trial champion who finished 10th overall in the 2013 Tour de France. England's Martin won a stage in the 2013 race.

The 21-stage, 3,360-kilometre race starts Saturday and runs through July 26.

THE CANADIAN PRESS

Ryder Hesjedal AFP/GETTY IMAGES

RECIPE Milk Chocolate Fudge Cake

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

This delicious yet light cake is a perfect pick for your Canada Day celebrations!

Ready in
Prep time: 15 minutes
Cook time: 25 minutes
Serves: 12

Ingredients
- 1/3 cup milk or semi-sweet chocolate chips
- 1/4 cup hot water
- 1/2 cup packed brown sugar
- 1/2 cup granulated sugar
- 1/3 cup vegetable oil
- 2 eggs
- 2 tsp vanilla extract
- 1/2 cup cocoa powder
- 3/4 cup low-fat sour cream
- 1/4 cup light mayonnaise
- 1 cup all-purpose flour
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda

ICING:
- 1/2 cup smooth ricotta cheese
- 1/2 cup light cream cheese
- 3/4 cup icing sugar
- 3 Tbsp cocoa powder
- 1 1/2 Tbsp water

GARNISH:
- Whole strawberries
- Icing sugar
- Melted white chocolate (optional)

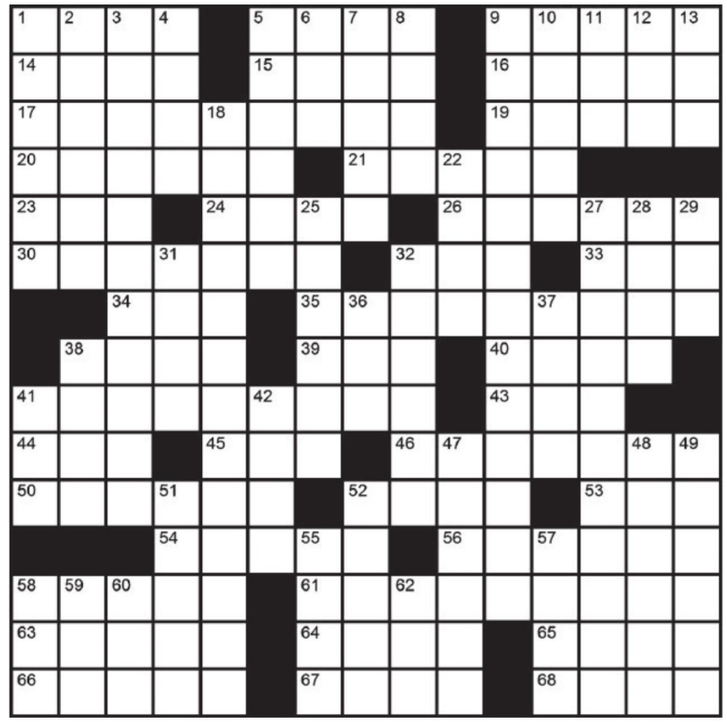
Directions
1. Preheat the oven to 350°F. Lightly coat a Bundt pan with cooking spray.
2. Combine the chocolate chips and hot water in a small bowl. Microwave on High for 30 seconds. Mix until smooth.
3. In a large mixing bowl, combine both sugars, oil, eggs and vanilla with a whisk until smooth. Add the cocoa powder, sour cream, mayonnaise and melted chocolate. Mix until combined. Mix in flour, baking powder and baking soda.
4. To make the icing, purée all the icing ingredients in a food processor until smooth. Ice the top of the cake. Garnish with berries and icing sugar and melted white chocolate, if using.

Nutrition per serving
- Calories 289
- Carbohydrates 36 g
- Fat 12 g
- Cholesterol 33 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Cheers!
5. Brendan _ (New Westminster, B.C. born actor)
9. Musical finales
14. By any chance
15. Light bulb meaning
16. Come up
17. Posh area of Montreal
19. SNL part
20. Fix
21. Author Charles' bookish surname
23. Chemical suffix
24. Nero's 53
26. Folk duo, Ian & _
30. Share
32. Mobile buy
33. In use buttons
34. Cereal grass
35. Multi-talented
38. Odd, to a Scot
39. Auction ware
40. Like mesh-like material
41. Ontario village south of North Bay
43. Brother of Shemp
44. "That's _ - _ Quit - I'm Movin' On" by Sam Cooke
45. "_-haw!"
46. Causes
50. Melon variety
52. Peer _, Henrik Ibsen play
53. Services cost
54. Certain coffee
56. Overwhelm with loud noise
58. "Sunset Blvd." (1950) actress Nancy
61. Tenders ...tinier
63. Hammer
64. One of Columbus' ships
65. Coastal flier, variantly
66. Tree bits
67. Singe
68. Net balls in tennis

DOWN
1. Do a better job at prepping the gif
2. Brand for which Jennifer Aniston does TV commercials
3. Flightless marine bird of prehistoric Canadian waters
4. Mlle. cousin
5. Maurice _ ("Cityline" hairstyles expert)
6. College's web address ending, e.g.
7. Quebec tenor Mr. Prieur (b.1893 - d.1970)
8. Grade
9. Halifax stand-up comedian who hosts her own show on APTN: 2 wds.
10. Bay window
11. Think something is groovy
12. Wynonna's actress sis
13. Established
18. Halifax: June 30th - July 7th, 2015... Royal Nova Scotia International Tattoo participants: 2 wds.
22. Ancient Egypt symbols
25. Occupy
27. National Gallery of Canada painting distinguished by its three bold stripes: 3 wds.
28. Internal
29. Character in #52-Across
31. Late: French
32. 'Highway' in a human
36. Unit of energy
37. New Mexico art colony
38. Work _ _ plan (Brainstorm)
41. As written
42. "If _ _ now, I'll be too full for supper."
47. Belovedly win over
48. "You _ bother."
49. Has a gut instinct
51. Tag _
52. "Aladdin" (1992) character
55. Large casks for wine
57. Canadian tech expert, Kris _
58. Check a box
59. Volume setting
60. Fashion designer Anna
62. Type of test on "Maury"

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
There is something you started but failed to finish. You may think you can just forget about it but it won't be that easy — everything in life must ultimately be paid for.

Taurus April 21 - May 21
Although you are generally quite placid there are times when you vent to your feelings. Those negative emotions that have been building up must be dealt with.

Gemini May 22 - June 21
You will be quite vocal in your condemnation of someone's actions, but before you go accusing them of immoral behaviour remember there are a few skeletons in your own closet you might like to keep hidden!

Cancer June 22 - July 23
With Mars in your sign you have the courage to deal with whatever crisis might arise. Don't fear a rival because they have a reputation. You can be a pretty tough nut yourself.

Leo July 24 - Aug. 23
The change that is about to take place in your life may result in a lot of uncertainty but the planets indicate that when the dust has settled you will realize that, in the long-term, this is a change which will do you nothing but good.

Virgo Aug. 24 - Sept. 23
It is important that you approach people in the right way today. If you come on too strong you may turn colleagues against you.

Libra Sept. 24 - Oct. 23
You may feel that you can take on the world and win and to a degree that's true but there are some people it would be wise to avoid. Someone in a position of authority is looking for an excuse to cut you down.

Scorpio Oct. 24 - Nov. 22
You would be wise to take care when traveling or engaging in potentially dangerous activities over the next few days. Discussing politics and religion is best avoided too!

Sagittarius Nov. 23 - Dec. 21
If you have to say something unpleasant today don't try to sugar coat it. Speak up and let everyone know why you are unhappy — and what they can do to make it better.

Capricorn Dec. 22 - Jan. 20
You won't stand for any kind of nonsense today, either in your personal life or at work. You certainly won't let others, be they friends or rivals, piggyback on your success.

Aquarius Jan. 21 - Feb. 19
Someone will rub you the wrong way and you could lose your temper in a big way. Be careful you don't take your anger out on someone who may one day be in a position of power.

Pisces
Feb. 20 - March 20
Some problems can be resolved by hammering them into submission, but the problem you face now requires a more subtle approach. Use brains, not brawn.

CONCEPTIS SUDOKU by Dave Green

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Neo40: Is it a Miracle Supplement?

The following article is an interview between W.Gifford-Jones M.D. and the creator of Neo40 Dr. Nathan Bryan from the University of Texas.

Article taken from "The Doctor Game - W. Gifford-Jones M.D. September 8, 2012

DISCLAIMER: NOTHING IN THIS ARTICLE IS INTENDED AS, OR SHOULD BE CONSTRUED AS, MEDICAL ADVICE. CONSUMERS SHOULD CONSULT WITH THEIR OWN HEALTHCARE PRACTITIONERS FOR INDIVIDUAL, MEDICAL RECOMMENDATIONS. OUR DIETARY SUPPLEMENT PRODUCTS ARE NOT INTENDED FOR USE AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL OR ABNORMAL CONDITION.

Several months ago I reported on a unique drug, **Neo40,** which has now been approved by Health Canada. To find out more about **Neo40**, now available in health food stores, I interviewed Dr. Nathan Bryan, Professor of Molecular Medicine at the University of Texas Health Center in Houston and creator of the formula.

G-J: What is Neo40?

NB: Neo40 is a lozenge that contains L-Citrulline, an amino acid derived from protein, vitamin C, beet root and hawthorn, a potent combination that produces nitric oxide. Early in life our bodies manufacture large amounts of nitric oxide (NO). After age 40 production of NO decreases. This sets the stage for hypertension, kidney dysfunction, diabetes, heart attack or stroke, just to name a few major illnesses. It's called the "miracle molecule" because it helps so many diverse problems.

Dr. Nathan Bryan

G-J: Is there science behind its claims?

NB: The discovery of NO resulted in a Nobel Prize for three U.S. scientists and now over 130,000 scientific papers about this molecule have been published in medical literature. NO is produced in the inner lining of all blood vessels. Lay a single layer of these cells on a flat surface and it would occupy a soccer field . The cells cause arteries to relax, thus lowering blood pressure. But with insufficient NO, arteries constrict, resulting in hypertension, bringing increased pressure in the heart and other organs.

G-J: There must be more to NO than the dilation of blood vessels?

NB: Experiments show that NO prevents blood platelets from sticking together, decreases plaque formation and chronic inflammation in arteries, all factors that increase the risk of heart attack. Other research shows NO lowers triglycerides, bad cholesterol, and raises good cholesterol, and it prevents bone destruction from osteoclasts.

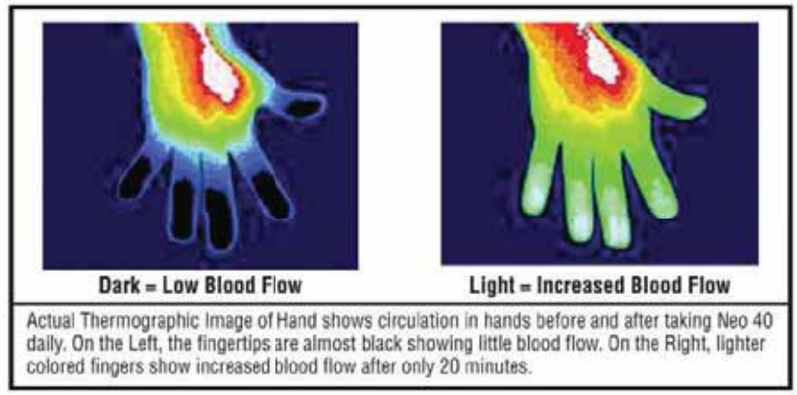
G-J: Can NO help the epidemic of type 2 diabetes?

NB: High blood sugar destroys the circulatory system and 50 percent of diabetes patients die of heart attack. Diabetes causes insulin resistance which makes it hard for glucose to enter cells. Raising NO levels helps to control these problems and also decreases the risk of diabetic ulcers and gangrene of the legs by improving blood flow.

G-J: Does NO help other conditions?

NB: Many people suffer from glaucoma, increased pressure in the eye. This is caused by a clogged trabecular mesh-work that drains fluid from the eye. Hungarian researchers report that NO may benefit this problem.

NB: 27 million Americans also suffer from asthma and its inflamed, constricted, mucous-clogged airways. Experts say it's due to pollution, allergies and stress. Now research at Hammersmith Hospital in London, England, reports that NO helps to maintain a biochemical balance in air passages and that it could be helpful in treating inflamed airways. Another Dutch study reports that NO can calm nerves in tightened airways and relax muscles.



Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

G-J: Can patients increase the production of NO by natural means?

NB: The big problem is that obesity decreases NO and 50 percent of the population is overweight, so for them it's difficult to increase NO by dietary measures. Exercise can also boost NO levels, but people with endothelial dysfunction don't produce the same amount of NO during exercise as healthy people. We know that weight-loss surgery can boost NO by as much as 40 percent. But this is a radical and risky way to lose weight.

G-J: Are foods helpful?

NB: Leafy green vegetables such as Kale, Swiss Chard, Arugula, Spinach, Chicory, Wild Radish and Bok Choy are all high sources of bioactive NO. Dark chocolate and wine also increase NO.

G-J: What about the use of supplements?

NB: Neo40 is the only answer if people refuse to change their lifestyle. This is one lozenge that must be dissolved slowly in the mouth twice a day until NO increases and then used once a day.

G-J: Dr. Bryan, it's been a pleasure to learn of your work at the Institute of Molecular Medicine. I'll consider your advice about Bok Choy. But it will be difficult to say no to one of your Texas steaks!

NEO40 daily

Patented Neo40 daily formula

CLINICALLY SHOWN TO HELP YOUR BODY:

- Reduce triglyceride levels (27% average in 30 days)
- Support healthy blood pressure
- Support cardiovascular and heart health
- Improve sexual performance through improved circulation
- Increase the body's circulation
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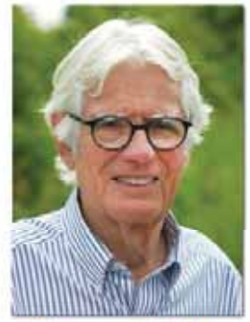
Please visit www.neo40.ca or call us to find a store near you.



Recommended by W. Gifford-Jones M.D.

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